

SWIMMING

& AQUATICS

DUBLIN SWIM CENTER

8157 VILLAGE PARKWAY
(925) 556-4590

The Dublin Swim Center is conveniently located next to Dublin High School. This community facility includes two heated swimming pools—a wading pool for preschool aged children and the main pool which features a shallow tot area, waterslide, lap area, and deep end with a 1-meter diving board.

Aquatics programs include

- swim lessons for all ages
- recreational swimming
- lap swimming
- competitive swimming classes
- certification classes

Office Hours

Spring 2015

April 28 – May 21

Tue & Thu 5:00 PM-7:30 PM

May 26 – June 12

Mon-Fri 3:00 PM-7:30 PM

May 2 – June 14

Sat & Sun 1:00 PM-5:00 PM

Summer 2015

June 15 – August 20

Mon-Thu 9:00 AM-8:00 PM

June 19 – August 21

Fri 1:00 PM-4:30 PM

June 20 – September 6

Sat & Sun 1:00 PM-5:00 PM

Recreational Swimming

5/2-9/7* Sat & Sun 1:00 PM-5:00 PM

6/15-8/21 Mon-Fri 1:00 PM-4:30 PM

6/22-8/19 Mon & Wed 7:00 PM-9:00 PM

* includes Memorial Day on 5/25 and Labor Day on 9/7

Daily Admission Fees

All Ages \$3.50

Swim Passes (15 swims)*

Resident \$45.50

Non Resident \$52.50

Family Season Passes*

A family pass can save you money and be more convenient! Family passes may be used during recreational swim hours from May 2 to September 7, 2015, by any immediate family member residing at the same address (maximum of 6 people).

Resident \$165

Non Resident \$198

Lap Swim/ Water Walking

Swimming is one of the best forms of exercise. Swimming is especially beneficial to those who are pregnant, have back problems or sore joints. Lanes and equipment are provided. Swimmers of all abilities are welcome. Lap Swimming is conveniently offered at the same time as swimming lessons. Take advantage of this opportunity to get some exercise while your child takes lessons. Circle swimming may be enforced in order to accommodate more swimmers if it is crowded.

Spring Lap Swim/Water Walking

May 4 – June 5 Mon/Wed/Fri 6:00-8:00 PM

April 28 – June 4 Tue/Thu 5:00-8:00 PM

Summer Lap Swim/Water Walking

June 22 – August 20 Mon-Thu 10:00 AM-1:00 PM

Mon/Wed 4:30-7:00 PM

Tue/Thu 4:30-8:00 PM

Lap Swim/Water Walking Fees

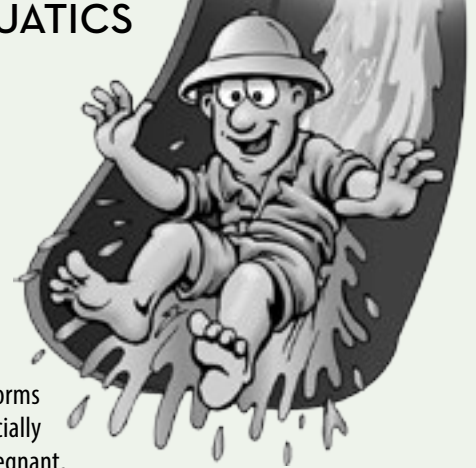
Adult/Teen \$3.75

Senior \$3.50

Lap Swim/Water Walking Passes*

(15 visits)	Resident	Non Resident
Adult/Teen/Senior	\$48.75	\$56.25

* Passes are valid for the 2015 season and are non-transferable.
Refunds will not be issued for unused visits.



SWIMMING LESSONS

The City of Dublin's swim lesson program is designed to promote learning in a safe and comfortable swimming environment. Our instructors are fully trained with the latest swimming and water safety instructional techniques.

Please read the course descriptions carefully before you select a class, to ensure that the student is placed in the appropriate level. Classes are available for all ages and abilities. Each level of the program includes training in basic water safety, in addition to the skills outlined below.



Swim lessons are held rain or shine.

Tiny Tots and Toddler Lessons

Pollywogs (Parent/Tiny Tots) – Ages 6 months to 2 years

Guppies (Parent/Toddler) – Ages 3 years to 4 years

Are you looking to start your young child's relationship with the water? This water exploration class is designed to give young students exposure to water safety and swimming techniques. The adult is the primary instructor for the student and will be required to be in the water. All classes will be directed by an instructor who will lead the class through age-appropriate water games and beginning swimming techniques to enhance the child's comfort in the water.

Preschool Lessons (Ages 3 – 5 years)

For the following levels, the student must be willing to work without a parent in the water.

Minnows PS1: Water Exploration

Do you want to start your child in swimming lessons? This class focuses on the most elementary aquatic skills which your child will continue to build on as they progress through the swim lesson levels. At this first level, children start developing good attitudes and safe practices through supported teaching techniques that will enhance their comfort in and around the water.

Starfish PS2: Primary Skills

The objectives of this class are to build on the basic aquatic skills learned in the Minnows class and to give participants further success with fundamental aquatic skills performed to a slightly more advanced degree than at the Minnows class. This level marks the beginning of independent aquatic locomotion skills.

Prerequisite: Completion of Minnows or equivalent course.

Seahorse PS3: Stroke Readiness

This class is designed for children that can swim on their front and back for a minimum of 15 feet and are comfortable submerging themselves underwater. Participants continue to improve coordination of combined arm and leg actions. As in all levels, additional safety skills will be presented.

Prerequisite: Completion of Starfish or equivalent course.

Youth Lessons (Ages 6 – 14 years)

Otters Y1: Introduction to Water Skills

Do you want to start your child in swimming lessons? This class focuses on the most elementary aquatic skills which your child will continue to build on as they progress through the swim lesson levels. At this first level, children start developing good attitudes and safe practices through supported teaching techniques that will enhance their comfort in and around the water.

Sunfish Y2: Fundamental Aquatic Skills

The objective of this class is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop arm and leg actions on the front and back that lay the foundation for future strokes.

Prerequisite: Completion of Otters or Minnows.

Whales Y3: Stroke Development

This class is designed to build on previously learned skills by providing additional guided practice. Participants learn to survival float, swim the front crawl and elementary backstroke. The scissors and dolphin kicks are introduced and participants build on the fundamentals of treading water. Participants also learn rules for headfirst entries and learn to enter the water headfirst from a seated position at poolside.

Prerequisite: Completion of Sunfish or Starfish.

Marlins Y4: Stroke Improvement

Participants continue to improve their skills and increase their endurance by swimming familiar strokes at greater distances. Participants add the arms to the scissors kick for the sidestroke. Participants also start to learn the back crawl, breaststroke, and butterfly and the basics of turning at a wall.

Prerequisite: Completion of Whales.

Dolphins Y5: Stroke Refinement

The purpose of this class is to improve coordination and refinement of strokes. Participants refine their performance of all the strokes and increase their distances. Flip turns on the front and back are also introduced. This class is designed for youths that can swim at least 15 yards in each swimming stroke.

Prerequisite: Completion of Marlins.

Sharks Y6: Swimming and Skill Proficiency

Do you think your child has learned all they can about swimming? Guess again! This Sharks class is designed for youths that can swim at least 25 yards in each swimming stroke. Students will continue to work on advanced stroke technique and endurance while learning advanced swimming and water safety techniques.

Prerequisite: Completion of Dolphins or equivalent course.

Private Swimming Lessons

Instruction is available on a one-to-one basis for both children and adults. Private lessons are for those who want more individualized attention. Private lessons are 25 minutes in length and held rain or shine. Children must be at least 3 years old to participate in private lessons.

Swim Lesson Assessment Day

Saturday, May 30, 10:00AM-12:00PM

Assessment periods will begin every 15 minutes

This is an opportunity for participants to spend a few minutes in the water with one of our experienced swim instructors. Participants will be separated into small groups based on ability. Swim instructors will review standard swimming techniques and give their recommendation of which level the participant should enroll in.

SWIMMING LESSONS

Spring Session 1:

April 28 – May 14; Tuesday & Thursday (6 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$32/\$38	—	36675	36676	—
Guppies	\$32/\$38	36694	—	—	36690
Minnows PS1	\$45/\$54	36704	36705	36706	—
Starfish PS2	\$45/\$54	36718	—	—	36719
Seahorse PS3	\$45/\$54	—	36730	36731	—
Otters Y1	\$45/\$54	—	36739	—	36740
Sunfish Y2	\$45/\$54	—	36750	—	—
Whales Y3	\$45/\$54	36768	—	36769	36770
Marlins Y4	\$38/\$46	—	36788	—	—
Dolphins Y5	\$38/\$46	—	—	36796	—
Sharks Y6	\$38/\$46	36801	—	—	36802
Private	\$222/\$266	36803	—	36822	36804

Spring Session 2:

May 19 – June 4; Tuesday & Thursday (6 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$32/\$38	36677	36678	—	—
Guppies	\$32/\$38	—	—	36691	—
Minnows PS1	\$45/\$54	36707	36708	36709	—
Starfish PS2	\$45/\$54	36720	36721	—	36722
Seahorse PS3	\$45/\$54	36732	—	36733	—
Otters Y1	\$45/\$54	36741	—	36742	36743
Sunfish Y2	\$45/\$54	—	36751	—	36752
Whales Y3	\$45/\$54	36771	36772	36773	36774
Marlins Y4	\$38/\$46	—	36789	—	36784
Dolphins Y5	\$38/\$46	—	—	36797	36792
Sharks Y6	\$38/\$46	—	—	—	36798
Private	\$222/\$266	36805	36806	36807	—



Saturday Session: April 25 – May 16 (4 Classes)

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM
Pollywogs	\$21/\$25	36679	—	36682	36685
Guppies	\$21/\$25	—	36692	—	—
Minnows PS1	\$30/\$36	36710	—	—	36711
Starfish PS2	\$30/\$36	—	36723	36724	—
Seahorse PS3	\$30/\$36	—	36734	—	—
Otters Y1	\$30/\$36	36744	—	—	36745
Sunfish Y2	\$30/\$36	—	36753	36754	—
Whales Y3	\$30/\$36	36775	36776	—	36777
Marlins Y4	\$26/\$31	36785	—	36786	—
Dolphins Y5	\$26/\$31	—	—	36793	—
Sharks Y6	\$26/\$31	—	—	—	36799
Private	\$148/\$178	36808	36809	36810	36811

Sunday Session 1: April 26 – May 17 (4 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$21/\$25	—	36686	36687	—
Guppies	\$21/\$25	36693	—	—	36701
Minnows PS1	\$30/\$36	36712	—	36713	—
Starfish PS2	\$30/\$36	—	36725	—	36726
Seahorse PS3	\$30/\$36	36735	—	36736	—
Otters Y1	\$30/\$36	—	36746	—	36747
Sunfish Y2	\$30/\$36	—	—	36755	—
Whales Y3	\$30/\$36	36778	36779	—	36780
Marlins Y4	\$26/\$31	—	—	36787	36790
Dolphins Y5	\$26/\$31	36794	—	—	—
Sharks Y6	\$26/\$31	—	36800	—	—
Private	\$148/\$178	36812	36813	36814	36815

Sunday Session 2: May 31 – June 21 (4 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$21/\$25	36688	—	36689	—
Guppies	\$21/\$25	—	36702	—	36703
Minnows PS1	\$30/\$36	36714	36715	36716	36717
Starfish PS2	\$30/\$36	36727	36728	—	36729
Seahorse PS3	\$30/\$36	—	36737	36738	—
Otters Y1	\$30/\$36	36748	—	—	36749
Sunfish Y2	\$30/\$36	36756	—	36757	36758
Whales Y3	\$30/\$36	—	36781	36782	36783
Marlins Y4	\$26/\$31	36791	—	—	—
Dolphins Y5	\$26/\$31	—	36795	—	—
Sharks Y6	\$26/\$31	—	—	36823	—
Private	\$148/\$178	36816	36817	36818	36819

**Private Pool Rentals**

The Dublin Swim Center is available for private rentals. It's the perfect place to have a school or class party, company picnic, family reunion or other special event. Fees are reasonable and include lifeguard services. Reservations can be made by calling (925) 556-4500.



Teen and Adult Swimming Lessons

Whether you want to overcome a lifelong fear of the water, or just want to improve on stroke techniques, this class can help. Instruction is individualized for each student. This class is also ideal for pre-teens who have not yet learned to swim and may not feel comfortable in the regular lesson program. Classes are held rain or shine.

12 Years+

DAY	DATE	TIME	FEE (R/NR)	ACT #
Tue/Thu	4/28 - 5/14	7:00-7:45 PM	\$45/\$54	37035
Tue/Thu	5/19 - 6/4	7:00-7:45 PM	\$45/\$54	37036
Sat	4/25 - 5/16	12:00-12:45 PM	\$30/\$36	37037
Sun	4/26 - 5/17	7:00-7:45 PM	\$30/\$36	37038
Sun	5/31 - 6/21	7:00-7:45 PM	\$30/\$36	37039

COMPETITIVE STROKE LESSONS

Pre-Season Conditioning

This class will focus on building endurance for the upcoming summer swim season. Proper swimming technique will be covered, but it will not be the primary focus of this class. Participants must be able to swim 25 yards using any two competitive strokes. Class will be held rain or shine.

Session 1: April 13 – May 1 (9 Classes)

AGES	DAY	TIME	FEE (R/NR)	ACT #
6 - 10 Years	Mon/Wed/Fri	6:00-7:00 PM	\$76/\$91	37025
11 - 18 Years	Mon/Wed/Fri	7:00-8:00 PM	\$76/\$91	37026

Session 2: May 4 – May 22 (9 Classes)

AGES	DAY	TIME	FEE (R/NR)	ACT #
6 - 10 Years	Mon/Wed/Fri	6:00-7:00 PM	\$76/\$91	37027
11 - 18 Years	Mon/Wed/Fri	7:00-8:00 PM	\$76/\$91	37028

Want to be Part of an Award-Winning Team?

If you are energetic, responsible, and enjoy working with people, you might be just right for a position at the Dublin Swim Center. Applications are being accepted for the following positions:

Assistant Pool Manager, Lifeguard, Swim Instructor and Cashier. Offers of employment are contingent upon successful completion of the required certification courses. For information call (925) 556-4500.



Advanced Swimming Techniques

These classes are designed to increase the effectiveness and efficiency of the specific strokes listed for each session. Swimmers will participate in drills and games that focus on the details of each stroke. Participants must be able to swim 25 yards of each stroke covered in the session. Class will be held rain or shine.

Session 1: Freestyle and Backstroke April 14 – 23 (4 Classes)

AGES	DAY	TIME	FEE (R/NR)	ACT #
6 - 10 Years	Tue/Thu	6:00-7:00 PM	\$43/\$52	37029
11 - 18 Years	Tue/Thu	7:00-8:00 PM	\$43/\$52	37030

Session 2: Breaststroke and Butterfly April 28 – May 7 (4 Classes)

AGES	DAY	TIME	FEE (R/NR)	ACT #
6 - 10 Years	Tue/Thu	6:00-7:00 PM	\$43/\$52	37031
11 - 18 Years	Tue/Thu	7:00-8:00 PM	\$43/\$52	37032

Session 3: Starts and Turns May 12 – 21 (4 Classes)

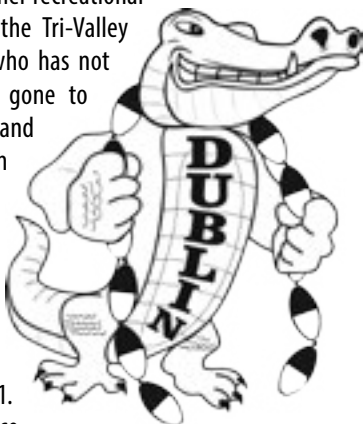
AGES	DAY	TIME	FEE (R/NR)	ACT #
6 - 10 Years	Tue/Thu	6:00-7:00 PM	\$43/\$52	37033
11 - 18 Years	Tue/Thu	7:00-8:00 PM	\$43/\$52	37034



GREEN GATORS

Green Gator Swim Team

The Dublin Green Gators is a summer recreational swim team that participates in the Tri-Valley Swim League. Any boy or girl who has not reached their 19th birthday or gone to college on or before June 1, 2015, and has not competed or practiced with a U.S. Swim Team since January 1, 2015, is eligible to participate. The season will begin with daily practices starting Tuesday, May 26, and it will end with the Tri-Valley Swim League Championship Meet on August 1. This is a popular program and space is limited, so register early! Minimum skills include the ability to safely swim 25-yards (one lap of the pool) using two of the four competitive swimming strokes (freestyle, backstroke, breaststroke, butterfly). **Registration begins on Thursday, February 12 at 6:00 PM.**



May 26 – August 1

AGE	BOYS	GIRLS	FEE (R/NR)
6 Years & under	37004	37005	\$250/\$300
7-8 Years	37006	37007	\$250/\$300
9-10 Years	37008	37009	\$250/\$300
11-12 Years	36994	37010	\$250/\$300
13-14 Years	37011	37012	\$250/\$300
15-18 Years	37013	37014	\$250/\$300

Junior Green Gator Swim Team

Participants will learn about competitive swimming in a non-competitive environment. Practices are held 3 times per week, and participants will showcase their improvement during two non-competitive swim meets. Swim meets will be held on July 17 and August 14 at 4:30 PM. This program is designed for children who would like to ease into the competitive swimming environment. Minimum skills include the ability to safely swim 25 yards (one lap of the pool) using any of the four competitive swimming strokes (freestyle, backstroke, breaststroke, or butterfly). **Registration begins on Thursday, March 5 at 6:00 PM.**

June 23 – August 13: Tue, Wed, Thu

AGE	TIME	FEE (R/NR)	ACT #
7 Years & under	10:15 AM-11:00 AM	\$120/\$144	37015
8 & 9 Years	11:00 AM-12:00 PM	\$120/\$144	37016
10 - 14 Years	12:00 PM-1:00 PM	\$120/\$144	37017
7 - 14 Years	5:00 PM-6:00 PM	\$120/\$144	37018

AMERICAN RED CROSS

Lifeguard Training and Title 22

This course provides all of the training necessary to gain employment as a lifeguard. Those completing the program will receive certification in American Red Cross Lifeguard Training (valid two years and includes First Aid), CPR/AED for Lifeguards (valid two years) and Administering Emergency Oxygen (valid two years). This course also includes Title 22 - First Aid for Public Safety Personnel, which is a requirement for lifeguards. **Pre-requisites:** 15 years old on or before the last day of class, ability to swim continuously 300 yards, tread water for 2 minutes using only the legs, and complete a timed brick retrieval.

15 Years+

DATE	DAY	TIME	FEE (R/NR)	ACT #
3/30-4/3	Mon-Fri	8:30 AM-5:30 PM	\$251/\$301	37019
6/15-6/19	Mon-Fri	8:30 AM-5:30 PM	\$251/\$301	37020

Lifeguard Training and Title 22: Blended Learning

The following classes will include 10 hours of online homework in addition to the in-person sessions.

DATE	DAY	TIME	FEE (R/NR)	ACT #
4/11-5/2	Sat	8:30 AM-5:30 PM	\$251/\$301	37021
4/12-5/3	Sun	8:30 AM-5:30 PM	\$251/\$301	37179

Water Safety Instructor Class

A comprehensive course designed to provide you with the knowledge necessary to teach American Red Cross swimming and water safety classes. Students will learn to teach aquatic skills and to address issues common in the teaching environment. Individuals successfully completing this course will be qualified to issue certificates in swimming and water safety. This course includes Fundamentals of Instructor Training (FIT). A pre-course written test and skills test will be given the first class session. Must attend all classes.

16 Years+

DAY	DATE	TIME	FEE (R/NR)	ACT #
5/19-6/6*	Tue, Thu	5:00 PM-8:00 PM	\$201/\$241	37024
*no class 5/23	Sat	9:00 AM-4:00 PM		

Registration Dates

Resident registration begins
Monday, December 22

Non Resident registration begins
Monday, January 5